

# *Brookfield Senior Center*

*"... a place where things are happening!"*

## *April 2022 Newsletter*

The calendar has turned to warmer weather and spring is definitely in the air! We feel a sense of renewal and possibilities all around. There are lots of new and exciting programs and activities to join...please make sure you read the entire newsletter as we work hard to insure it's complete.



With everyone getting out more and looking to reengage, many of you have expressed disappointment when activities fill up quickly and you are placed on a waiting list. Please make sure you sign up early.

There are several ways to sign up:

- **Drop off a paper copy of the registration form that comes in your monthly newsletter.** We mail all newsletters out several days before registration begins, but please understand that we have no control over when your mail is delivered. You are free to drop off your registration form (and fee) any time in our outdoor metal, locked drop box or with us inside during office hours. If you mail your registration back, we might not receive it before the class is filled.
- **Fill out registration form that is in the outdoor pick-up box.** Please return the form to the metal secure drop box mounted on the brick pillar to the left of our front door, any hours, or with us inside.
- **Follow the link to register in the online newsletter.** You can complete this form and pay online. If fees are due, your registration is not considered complete unless the payment has been received.
- **Follow the link from our website that is posted on the day registration is open.** Again, your registration is not considered completed unless the payment has been received.  
<https://www.brookfieldct.gov/senior-center>.

We are thrilled you are enjoying our activities and we are sorry that we cannot accommodate everyone. Get your registration in early so that you are not disappointed. Please double-check your registration form before submitting so that you have signed up for the classes you intend to. We don't want you dismayed when a class is full and you meant to sign up for it.

Registration generally begins on the Monday of the last full week of the month. Upcoming registration days are:

March 21 – April Registration begins

April 25 – May Registration begins

### ***Games and Tournaments!***

#### ***Tuesday, April 12 at 10:30 a.m. – Corn Hole***

Join us and learn how to play the great game of Corn Hole. This is a game that everyone can participate in – be ready to show off to your grandchildren at the next family picnic. We will take some time to learn how to play, play a few games and perhaps have a tournament!



#### ***Tuesday, April 26 at 10:30 a.m. – Nintendo Wii Bowling***

Come join us and get ready for some bowling fun! You will learn how to set up the system, how to play on the virtual bowling alley, and then play a few games.

## ***Mark your Calendars:***

**Join us For Lunch.** We're serving lunches Monday through Thursday at noon. You need to register at least one week in advance. The suggested donation is \$3.00 per lunch.

**Coloring Club - Mondays at 1:30 p.m.** Get out of the house and enjoy the company of others while having some fun coloring. Coloring books are not just for kids! Adult coloring has been shown to help reduce stress, boost mental clarity, exercise fine motor skills and help train the brain to focus and generate a creative mindset. Bring your own coloring supplies or use ours.

**Knitting, Crocheting and Quilting – Tuesdays at 10:00 a.m.** Bring your own project and enjoy the company of other like-minded seniors. This is a great way to make new friends.

**Art with Adele - Tuesdays, 1:00 p.m. – 3:00 p.m.** Bring your own supplies and painting project and join Adele and friends. Space is limited to ten participants. *Register on the enclosed form.*

**Bridge, Mahjongg, Canasta, Scrabble and POKER – Tuesdays and Thursdays at 1:00 p.m.** Gather your table and join us for cards and games Tuesdays and Thursdays. You can play either day or both days. We will be setting up the **POKER** table on Thursdays.

**Let's Talk- Wednesdays at 10:45 a.m.** This friendly group will gather to connect and chat. Just walk in and join this fun and lively group. \*No need to register as in previous months.

**Weekly Activity Packets -** Weekly Activity Packets are available for pickup every Friday. Please sign up so we know how many to prepare. Packets are filled with coloring sheets, puzzles, articles, and more.

**Ask an Attorney Roundtable - Thursday, April 7 at 9:30 a.m.** Michelle Ligouri, JD, is here to help you with your *general legal questions*. A public, round-table format will be used for this informative session. Space is limited to six participants who have not previously attended. Register on the enclosed form.

**Friends of Brookfield Senior Center (FOBSC) – Tuesday, April 12 at 12:15 p.m.** Please join us as we discuss activities at the Center.

**Blood Pressure Screening - Thursday, April 21 from 9 a.m. – 1 p.m.** Let us help you stay on track with healthy blood pressure. Call the Senior Center to make a personal appointment with Kathy Creighton.

**Reflexology with Eileen – Friday, April 1 and April 22.** Foot Reflexology is a natural healing practice based on the principle that reflexes in the feet correspond to parts of the body. Use the enclosed registration form and Eileen will contact you to schedule. *Cost is \$35 for a 30-minute session payable directly to Eileen.*

**Fabulous Friday Bingo. Friday, April 22 at 1:00 p.m.** Join us for an afternoon of fun and prizes, compliments of Candlewood Valley Heath and Rehab. Registration is required on the enclosed form.

**Senior Center Book Club – Wednesday, April 27 at 1:30 p.m.** Our book for April is *This Tender Land* by William Kent Krueger. The unforgettable story of four orphans who travel the Mississippi River on a life-changing odyssey during The Great Depression. An instant NY Times Best Seller. Books will be on reserve for us at the Brookfield Library. Register on the enclosed form.

## ***Brookfield Knights of Columbus brings lunch to you - Saturday, April 9***

Community volunteers are delivering a hot lunch to Brookfield seniors on the second Saturday of the month. Please use the enclosed registration form to sign up by Thursday, March 31. Delivery is between 11:15 a.m. and 12:15 p.m. *You must be home to accept delivery.*

## ***Movie Matinee***

**Friday, April 8 at 1:00 p.m. *Cruella*.** This Disney comedy follows the early days of one of the cinema's most notorious – and notoriously fashionable – villains. During the 1970's London punk rock revolution, a young grafter (Emma Stone), transforms herself into the raucous, revenge-bent Cruella de Vil in this comedy. (Emma Stone, Emma Thompson, Joel Fry). *Registration required.*



### ***AARP FREE Tax Preparation***

Continuing through April 8 - Tax-Aide counselors will assist you with income tax preparation at the Senior Center. Assistance is free for low- and middle-income taxpayers. Please call the Center for an appointment.

### ***Be in the Know!***

Get alerted about emergencies and other important Brookfield news by signing up for Brookfield's Emergency Alert program. To sign up, go to the Town of Brookfield Home Page at [www.brookfieldct.gov](http://www.brookfieldct.gov) and scroll to the bottom. You can also sign up there for monthly news regarding happenings in Brookfield at the Brookfield Spotlight.

***From Lorraine Kelley, LCSW, Social Services Coordinator  
203-775-7312***

### ***Older Worker Virtual Job Training Program***

This program, offered by the Northwest Regional Workforce Investment Board (NRWIB) provides low-income, older persons (55 and over) access to virtual job skills training. A laptop and internet "hot-spot" are provided, along with a training consultant to support enrollment to update job skills and a job developer to help find and secure meaningful employment. Upon completion of the training program, enrollees will be able to keep the laptop. To learn more or to enroll, please go to [www.nrwib.org](http://www.nrwib.org) or email [Jane.O'Grady@nrwib.org](mailto:Jane.O'Grady@nrwib.org).

### ***Renter's Rebate***

Filing period is April 1- October 1. If you rented in 2021, were age 65 or older or disabled and your income (including Social Security) was no more than \$38,100 for individuals and \$46,400 for couples, you may be eligible to receive a rebate from the State. For more information about this program and your eligibility, please contact Lorraine Kelley at 203-775-7312.

### ***Homeowner's Property Tax Credit***

Filing period continues through May 15. If your income (including Social Security) is no more than \$38,100 for individuals and \$46,400 for couples, you may be eligible to receive a property tax credit. You will need to provide a 2021 tax return if you filed or will file one. If not, you will need to provide all tax documents (i.e., 1099 and 1099-R forms) you received for 2021. For more information about this credit and other tax benefits and exemptions, please visit the Tax Assessor's Department at [www.brookfieldct.gov](http://www.brookfieldct.gov) or call 203-775-7302.

### ***CEAP***

Applications for CT Energy Assistance Program (CEAP) continue to be processed. If your income is no more than \$39,027 (individuals) and \$51,035 (couples), you may be eligible for assistance with your heating bills. Please call Lorraine Kelley at 203-775-7312 if you think you qualify.

**More free Covid tests are available.** Go to: <https://www.covidtests.gov/> or call 1-800-232-0233 to request one.

## Brookfield Senior Center



P.O. Box 5106  
100 Pocono Road  
Brookfield, CT 06804

### Brookfield Senior Center

100 Pocono Road Brookfield, CT 06804 Telephone: 203-775-5308

<https://www.brookfieldct.gov/senior-center>

*Director of Senior/Social Services:*

Ellen Melville [emelville@brookfieldct.gov](mailto:emelville@brookfieldct.gov)

*Senior/Social Services Program Coordinator:*

Amy Diezemann [adiezemann@brookfieldct.gov](mailto:adiezemann@brookfieldct.gov)

*Senior/Social Services Administrator*

Kathy Creighton [kcreighton@brookfieldct.gov](mailto:kcreighton@brookfieldct.gov)

*Social Services Coordinator*

Lorraine Kelley, LCSW  
[lkelly@brookfieldct.gov](mailto:lkelly@brookfieldct.gov)

***All Are Welcome Here!***

Brookfield Senior Center respects the diversity of our members. You will find a warm welcome regardless of sex, age, race, ethnicity, religion, national origin, range of abilities, sexual orientation, gender identity, financial means, education level and political



#### ***FISH Medical Transportation:***

Transportation for medical appointments weekdays from 9 a.m. - 2 p.m.

Ambulatory disabled and/or seniors.

Brookfield residents only. Call **203-616-9678** to submit request at least **3** days prior to appointment.



#### ***SweetHART Telephone:***

Main Phone: 203-744-4070

Reservations: Press 3

#### ***Meals on Wheels:***

Home delivered meals for those 60 years of age or older who are homebound.

Main number: 800-994-9422

#### ***Elder Justice Hotline:***

If you are the victim of scam, or neglected, exploited, or abused, they are here to help.

**Main phone: 860-808-5555**

## ***Improve Your Mind & Body***

*Yoga with Eileen:* Mondays at 10:00 a.m. This yoga class includes postures to work on strength, flexibility, balance, and movement to make you feel stronger. Bring your own floor mat.

**NEW DAY! NEW TIME!** *Back in Balance with Kathy - Entry Level Class:* Mondays at 1:15 p.m. **and** Thursdays at 10:30 a.m. Gently work on balance, range of motion, flexibility, and strength. Gentle enough for those with arthritis or other limitations. Learn about your body and its asymmetries. Practice different styles of meditation.

*Cardio Dance Party with Matt:* Tuesdays at 9:30 a.m. Come for the party music and stay for the dance moves. You won't want to miss this opportunity to dance with Matt every Tuesday morning.

*Tai Chi with Susan:* Wednesdays at 9:30 a.m. Tai Chi is one of the most effective exercises to improve balance and reduce your risk of falls. Susan's gentle encouragement and enthusiasm will help you quickly feel the benefits of this class.

*Functional Strength and Balance with Cassie – Intermediate Level Class:* Wednesdays at 1:00 p.m. The focus of this class is on movement and range of motion exercises through all the joints and muscles in your body with multiple directional movements. Bring your hand weights.

*Chair Yoga with Eileen:* Wednesdays at 2:30 p.m. You get all the benefits of movement and breath work without having to get down on the floor. You can do everything in chair yoga that you do in floor yoga. This class is appropriate for beginner and advanced students.

*Bandstand Boogie with Matt:* Thursdays at 9:30 a.m. This fun and easy class mixes basic choreography with freestyle movements. No dance experience needed. Open to all fitness levels.

*Wellness and Wisdom with Eileen:* Fridays at 10:30 a.m. Join us to increase joint flexibility and strengthen your body and mind. Bring your own light hand weights and a small ball. Class includes movement, strength training with hand weights and balance work and can be adapted to your level.

*Register and pay using the enclosed form each month. Please consult your personal physician before beginning any new exercise class. Wear appropriate footwear and clothing for class and always bring your water bottle.*

### ***Men's Breakfast***

***Friday, April 1 at 9:00 a.m.***

No foolin'! The men's breakfast is back in April. Sponsored by Griswold Home Care. Come join your friends for a simple breakfast and time to talk and catch up. We need your input on how this event can continue to thrive moving forward. *Please register on the enclosed form.*



### ***National Volunteer Week***

***April 17-23***

National Volunteer Week is a time to recognize people doing extraordinary things in their community through volunteer service. We recognize the power of volunteers who lend their time and talent to make a difference. Whether online, at the office, or the local food pantry; whether with a vote, a voice, or a wallet – doing good comes in many forms, and we recognize and celebrate them all.

Thank you to the many volunteers who contribute to Brookfield and to our greater community every day in so many ways – both great and small. You are truly role models for our younger generation.



## ***Programs and Life-Long Learning ~ Come explore and discover!***

**AARP Virtual U Community** offers a wide variety of FREE interactive online events and classes designed for learning, self-improvement, and fun. Take a look at their April event schedule for the Brookfield area. It changes daily: <https://local.aarp.org/brookfield-ct/aarp-events/>

**Smithsonian Institution - Sidedoor** is a podcast only the Smithsonian can bring you. It tells stories about science, art, history, humanity, and where they unexpectedly overlap. From dinosaurs to dining rooms, this podcast connects big ideas to the people who have them. <https://www.si.edu/podcasts> or <https://www.si.edu/sidedoor>

**Oasis Senior Advisors Downsize Gourmet:** Monday, April 18 at 3:00 p.m. Enjoy preparing smaller scale recipes from the comfort of your home. *Register on the enclosed form. The Center will send you the Zoom link.*

**AARP- One Day University:** AARP is excited to collaborate with world-class instructors to offer a selection of online lectures to the 50-plus community. Join them each month for classes on topics ranging from Psychology and History to Food and the Arts, plus much more. Every lecture will be followed by a live interactive period with professors and leaders answering your questions. Check it out:

<https://aarp.cvent.com/c/calendar/69879073-b19c-4fb6-974e-e42b0b7710e2>

**Great Courses** – Go to <https://www.thegreatcourses.com/> to see all that is offered in college level audio and video courses from award winning experts and professors. There is a fee associated; however, look for sales!

### ***PAWS and Breathe***

***Thursday, April 7 at 10:30 a.m.***

Georjean Lubus, Director of the Christian Counseling Center of Greater Danbury, will share her dogs Ollie or Apricot in an hour of stress relief. Take time to PAWS and breathe with us. *Register on the enclosed form.*



### ***Painted Paper Collage***

***Wednesday, April 6 at 10:00 a.m.***

This is a fun workshop about cutting, pasting and being messy with paint! Using a non-traditional collage approach, we will be painting our materials and making expressive designs. Bring your ideas or get your motivation from samples shown in class. Very beginner friendly - just enjoy! You'll have a finished piece to frame, print or gift at the end of our class.

Materials fee is \$10 and includes everything you'll need, but please bring the following to share if you have them: old plastic gift cards for scraping glue, cardboard toilet paper rolls and old paintbrushes. *Space limited – registration required.*

### ***The RMS Titanic***

***Friday, April 29 at 1:00 p.m.***

The most famous shipwreck of all time, this luxurious White Star liner foundered on its maiden voyage in the frigid North Atlantic after striking an iceberg. Join Art Gottlieb, Historian, as he presents the fateful journey of this 110-year-old memorable tragedy, which marked the beginning of a new era of safety measures at sea that endure to this day.

*Register on the enclosed form.*



### ***Wildlife Wednesday***

#### ***Bald Eagles***

***Wednesday, April 13 10:00 a.m.***



Ginny Apple, Master Wildlife Conservator and volunteer for DEEP is back to share her knowledge about our bald eagle population in Connecticut and the Shepaug Dam. Ginny has completed over 150 presentations for DEEP. You certainly do not want to miss this one! *Register on the enclosed form.*

# BROOKFIELD SENIOR CENTER PROGRAM REGISTRATION FORM

## April 2022

You must have a current membership form on file for 2021-2022.

Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_

	Monthly Cost	Total
___ Mon Yoga at 10:00 a.m.	\$15	\$_____
___ <i>New Time:</i> Mon Back in Balance at 1:15 p.m.	\$15	\$_____
___ Tues Dance Party at 9:30 a.m.	\$15	\$_____
___ Wed Tai Chi at 9:30 a.m.	\$15	\$_____
___ Wed Functional Strength & Balance at 1:00 p.m.	\$10	\$_____
___ Wed Chair Yoga at 2:30 p.m.	\$15	\$_____
___ Thurs Bandstand Boogie at 9:30 a.m.	\$15	\$_____
___ <i>New Class:</i> Thurs Back in Balance at 10:30 a.m.	\$15	\$_____
___ Fri Wellness & Wisdom at 10:30 a.m.	\$15	\$_____
___ Art with Adele: Tuesdays at 1:00 p.m.	\$20	\$_____
___ Men's Breakfast: Friday, April 1 at 9:30 a.m.		
___ Painted Paper Collage: Wednesday, April 6 at 10:00 a.m.	\$10	\$_____
___ Weekly Activity Packet: pick up on Fridays		
___ Ask an Attorney: Thursday, April 7 at 9:30 a.m.		
___ PAWS and Breathe: Thursday, April 7 at 10:30 a.m.		
___ Movie Matinee: Friday, April 8 at 1:00 p.m.		
___ Knights of Columbus lunch delivery: Saturday, April 9 at Noon Address: _____		
___ Corn Hole Games: Tuesday, April 12 at 10:30 a.m.		
___ Wildlife Wednesday: Wednesday, April 13 at 10:00 a.m.		
___ Downsize Gourmet: Monday, April 18 at 3:00 p.m. (Zoom)		
___ Blood Pressure Screening: Thursday, April 21 (call for time)		
___ Bingo: Friday, April 22 at 1:00 p.m.		
___ Wii Games: Tuesday April 26 at 10:30 a.m.		
___ Book Club: Wednesday, April 27 at 1:30 p.m.		
___ RMS Titanic: Friday, April 29 at 1:00 p.m.		
Reflexology with Eileen: ___ Friday, April 1 or ___ Friday, April 22		
Total Cost – Payment MUST accompany registration. Make checks payable to the <i>Town of Brookfield</i> . Payment (where required) Check attached _____ charge online _____		\$_____

# CW Resources Senior Community Café

LS: Low Salt

1% or Skim milk provided  
Margarine available

## April, 2022

**MENU ITEMS SUBJECT TO CHANGE**

**SUGGESTED DONATION \$3.00**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4 Apple Juice Garlic Baked Pork with Spinach and Parmesan Cheesy Mushroom Rice Geneva Blend Veggies 100% Whole Wheat  Birthday Cake	5 Stuffed Shells Florentine Sauce Italian Blend  Garlic Bread  Applesauce	6 Open Faced Turkey Sandwich with Gravy Stuffing Carrots Cranberry  Multigrain Bread  Tangerine	7 Sloppy Joe Mashed Potato Corn  Hamburger Bun  Pineapple Chunks	8
11 Orange Juice BBQ Pork Baked Beans Coleslaw  Hamburger Roll  Applesauce	12 Bruschetta Chicken Buttered Shells Brussel Sprouts  12 Grain Bread  Fresh Pear	13 Mushroom Barley Soup Unsalted Crackers Salisbury Steak Mashed Potatoes Peas and Carrots  Dinner Roll  Pudding	14 <i>Easter Special</i> Apple Juice LS Sliced Ham with Pineapple Cherry Sauce Loaded Potatoes Pea and Pearl Onions  Rudi Roll  Easter Poke Cake with Whipped Topping	15
18 Chicken Marsala Buttered Shells Sauteed Spinach and Garlic  Wheat Bread  Citrus Sections	19 Cranberry Juice Cheeseburger Tater Tots Mixed Vegetables  W.W. Hamburger Bun  Fresh Peach	20 Homemade Meatloaf LS Beef Gravy Baked Potato Capri Blend Veggies  Oatmeal Bread  Banana	21 Cranberry Juice Turkey Stew Green Beans  Dinner Roll  Chocolate Chip Cookies	22
25 Mild Coconut Curry Chicken Jasmine Rice Green Beans  Multigrain Bread  Fresh Orange	26 Grape Juice Sweet and Sour Meatballs Noodles Stir Fry Vegetables  Garlic Bread Angel Food Cake with Strawberries	27 Knockwurst with Apples and Sauerkraut Potato Pancake Broccoli  Hot Dog Bun Sliced Apples and Cinnamon with Whipped Topping	28 BBQ Chicken BBQ Sauce Brown Rice Black Beans and Corn  Corn Muffin  Banana	29



## ***BRAIN BOOSTING EXERCISES***

***AARP: The Daily***

***March 2, Hallie Levine, AARP***



Research suggests that certain types of activities offer individual unique benefits including:

- 1) **Aerobic Exercise:** Regular aerobic exercise boosts blood flow to your brain, and also boosts the size of your hippocampus, the part of your brain that's involved in verbal memory and learning. In addition, the protective effects were highest in those over age 75!
- 2) **Weight Training:** A 2020 study published in the journal *NeuroImage: Clinical* found that six months of strength training can help prevent shrinkage of the hippocampus in older adults. Another study found resistance training produced the best results for memory and other cognition measurements.
- 3) **Yoga:** A 2006 UCLA study published in the *Journal of Alzheimer's Disease* found that people 55 or older who enrolled in a 12-week program consisting of an hour of a type of meditative yoga once a week as well as 12 minutes of at-home meditation had significant improvements in both verbal memory and visual-spatial memory.
- 4) **Tai chi:** Older adults who practiced tai chi for 12 weeks had a greater ability to multitask than those who didn't practice it, according to a 2018 study published in the journal *Frontiers in Aging Neuroscience*. They also had more activity in the prefrontal cortex, the part of the brain where higher-level thinking occurs. Tai chi is great because it combines mental focus with movement - the brain has to think about what comes next while the body stays active.
- 5) **Dancing:** A landmark *New England Journal of Medicine* study followed seniors for more than 20 years and found that regular dancing reduced the risk of dementia by 76 percent – twice as much as reading. More recently, a 2017 review published in the journal *Current Alzheimer Research* concluded that dance interventions improved cognitive function in dementia patients.

### ***Easing into activity***

If you've previously been a couch potato, don't jump into activity either, which can raise risk of injury. Instead, Casaletto recommends that you start easy and work your way up. <https://www.aarp.org/health/healthy-living/info-2021/fitness-routine-boosts.html>

"Consider adding movement into your typical everyday activities," she suggests. This can be intentionally parking a little farther away from the grocery store, doing wall sits while you brush your teeth, going for a walk during your next phone call, standing while you take that meeting or even doing five sit-ups during a commercial break.

"These moments add up," she stresses. "The more naturally movement can fit into your day-to-day life, the easier it will be to maintain."

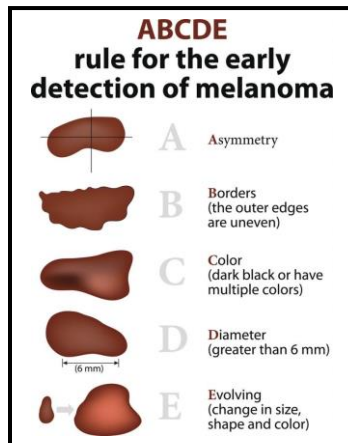
*Hallie Levine is a contributing writer and an award-winning medical and health reporter. Her work has appeared in The New York Times, Consumer Reports, Real Simple, Health and Time, among other publications.*

## ***The ABCDE's of Skin Cancer***

*"Be good to your skin. You'll wear it every day for the rest of your life."*

Spring is coming and we'll all soon be outside much more, which means more sun exposure. Did you know that skin cancer is the most commonly diagnosed cancer in the United States each year? However, *when identified early, almost all skin cancers can be cured with treatment.*

**What are the signs of skin cancer?** Changes to the skin or moles may be an early indicator of skin cancer. You can look for signs in moles and lesions using the letters **ABCDE**. A self-skin exam is quick and easy.



**A** – Asymmetry: One-half is unlike the other half

**B** – Borders: Irregular, scalloped, or poorly defined border

**C** – Color: Varied from one area to another (shades of tan or brown, black, red, white, or blue)

**D** – Diameter: Diameter of 6mm or larger (size of a pencil eraser)

**E** – Evolution: Looks different from the rest, or is changing in size, color, or shape

### **How can you prevent skin cancer?**

- Perform your self-exams often!
- Use a sunscreen offering a sun protection factor (SPF) of 30 or higher every day, even in the winter and on cloudy days!
- Limit exposure to the sun during peak sun hours (10:00 a.m. to 4:00 p.m.) by seeking shade and avoiding direct sun. Wear sunglasses with 100 percent UV protection and protect your face with a hat.

Get outdoors and have some fun! However, remember, sun protection is key to good health.

## ***NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM***

*by Age Well CT, February 18, 2022*

The National Family Caregiver Support Program (NFCSP) supports families by connecting caregivers with local support services. The program is available for caregivers in Connecticut, and includes services that ease the burden of caregiving, training opportunities, support groups, and supplemental coverage for items or services not covered by other sources. *The National Family Caregiver Support Program is administered by the State of Connecticut Department on Aging and the Connecticut Area Agencies on Aging.*

**Who is eligible?** Caregivers must be 18 and older and providing care to: individuals 60 years of age and older, or individuals of any age with Alzheimer's disease and related disorders. Grandparents providing care to children under the age of 18 or providing care to adults age 18-59 with disabilities are also eligible.

**What is offered?** An eligible family can receive up to \$3,500 in services per year based on the individual needs of the caregiver's family. Services include identifying and connecting caregivers with local support services, respite care to provide relief for caregivers, education and training opportunities, and supplemental coverage for onetime items or services.

### **How to sign up:**

To learn more and get started with the National Family Caregiver Support Program, contact your local [Area Agency on Aging](#) or call 1-800-994-9422 for more information. For more resources, visit the [Age Well Caregiver Center](#).



# SENIOR ACTIVITIES ~ APRIL 2022

BROOKFIELD SENIOR CENTER ~ 100 POCONO ROAD  
203-775-5308



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Advance registration with the Center is required for all programs unless otherwise noted.</i></p> <p><i>Use the enclosed registration form.</i></p>				<p><b>1</b></p> <p>8:30 AARP Tax Prep 9:00 Men's Breakfast 10:30 Wellness and Wisdom 12:00 Reflexology</p> <p><i>Weekly Packet Pickup</i></p>
<p><b>4</b></p> <p>10:00 Yoga 12:00 Lunch Program 1:15 Back in Balance 1:30 Coloring Club</p>	<p><b>5</b></p> <p>9:30 Cardio Dance Party 10:00 Knitting, Crocheting and Quilting 12:00 Lunch Program 1:00 Art with Adele 1:00 Cards and Games</p>	<p><b>6</b></p> <p>9:30 Tai Chi 10:00 Nancy Cole – Spring Collage 10:45 Let's Talk 12:00 Lunch Program 1:00 Functional Strength &amp; Balance 2:30 Chair Yoga</p>	<p><b>7</b></p> <p>9:30 Bandstand Boogie 9:30 Ask an Attorney 10:30 Back in Balance 10:30 PAWS and Breathe 12:00 Lunch Program 1:00 Cards and Games/ Poker</p>	<p><b>8</b></p> <p>8:30 AARP Tax Prep 10:30 Wellness and Wisdom 1:00 Movie Matinee</p> <p><i>Weekly Packet Pickup</i></p> <p><i>Saturday April 9: 12:00 KoC Lunch delivery</i></p>
<p><b>11</b></p> <p>10:00 Yoga 12:00 Lunch Program 1:15 Back in Balance 1:30 Coloring Club</p>	<p><b>12</b></p> <p>9:30 Cardio Dance Party 10:00 Knitting, Crocheting and Quilting 10:30 Corn Hole Games 12:00 Lunch Program 12:15 FOBSC 1:00 Art with Adele 1:00 Cards and Games</p>	<p><b>13</b></p> <p>9:30 Tai Chi 10:00 Wildlife Wednesday 10:45 Let's Talk 12:00 Lunch Program 1:00 Functional Strength &amp; Balance 2:30 Chair Yoga</p>	<p><b>14</b></p> <p>9:30 Bandstand Boogie 10:30 Back in Balance 12:00 Lunch Program 1:00 Cards and Games/ Poker</p>	<p><b>15</b></p> <p><b>Senior Center Closed</b></p> <p><i>in observance of Good Friday</i></p>
<p><b>18</b></p> <p>10:00 Yoga 12:00 Lunch Program 1:15 Back in Balance 1:30 Coloring Club 3:00 Downsize Gourmet Zoom</p>	<p><b>19</b></p> <p>9:30 Cardio Dance Party 10:00 Knitting, Crocheting and Quilting 12:00 Lunch Program 1:00 Art with Adele 1:00 Cards and Games</p>	<p><b>20</b></p> <p>9:30 Tai Chi 10:45 Let's Talk 12:00 Lunch Program <b>1:00 Functional Strength &amp; Balance CANCELLED</b> 2:30 Chair Yoga</p>	<p><b>21</b></p> <p>9:00 Blood Pressure Screening 9:30 Bandstand Boogie 10:30 Back in Balance 12:00 Lunch Program 1:00 Cards and Games/ Poker</p>	<p><b>22</b></p> <p>10:30 Wellness and Wisdom 12:00 Reflexology 1:00 Bingo</p> <p><i>Weekly Packet Pickup</i></p> <p><b>Celebrate Earth Day</b></p> 
<p><b>25</b></p> <p>10:00 Yoga 12:00 Lunch Program 1:15 Back in Balance 1:30 Coloring Club</p> <p><b>May Registration Begins</b></p>	<p><b>26</b></p> <p>9:30 Cardio Dance Party 10:00 Knitting, Crocheting and Quilting 10:30 Wii Games! 12:00 Lunch Program 1:00 Art with Adele 1:00 Cards and Games</p>	<p><b>27</b></p> <p>9:30 Tai Chi 10:45 Let's Talk 12:00 Lunch Program 1:00 Functional Strength &amp; Balance 1:30 Book Club 2:30 Chair Yoga</p>	<p><b>28</b></p> <p>9:30 Bandstand Boogie 10:30 Back in Balance 12:00 Lunch Program 1:00 Cards and Games/ Poker</p>	<p><b>29</b></p> <p>10:30 Wellness and Wisdom 1:00 Art Gottlieb – The Titanic lecture</p> <p><i>Weekly Packet Pickup</i></p>